



Morning Schedule March 2018



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
08:00	Pilates <i>Shany</i> ☺☺		Pilates <i>Chen Saban</i> ☺		Vinyasa yoga <i>Orit</i>	Pilates <i>Inbal</i> ☺	<i>The studio Is Closed on Saturday morning</i>
09:00	Stretching 9:30★ <i>Ruthie Forberg</i> ☺	Vinyasa yoga 8:30 <i>Orit</i>	Cond. & Stretch <i>Naomi</i> ☺		Ballet 9:30 <i>Michael</i> ☺☺	Vinyasa yoga <i>Avigail</i> ☺ Barre au sol <i>Sonia Beeri</i> ☺☺ Butts + guts <i>Naomi</i> ☺☺	
10:00	Conditioning <i>Naomi</i> ☺☺	Conditioning <i>Naomi</i> ☺☺ Ballet★ <i>Michael</i> ☺	Conditioning <i>Naomi</i> ☺☺	Conditioning <i>Naomi</i> ☺☺	Conditioning <i>Naomi</i> ☺☺	Stretching <i>Vardit</i> ☺ Ballet★ <i>Sonia Beeri</i> ☺	B-Kids Dance School for Kids  * Jazz* * Ballet* * HIP HOP*
11:00	Ballet★ <i>Tal Aran</i> ☺☺		Stretching <i>Ruthie</i> ☺	Jazz★ <i>Ruthie</i> ☺☺	Conditioning <i>Vardit</i> ☺☺	Interval training <i>Naomi</i> ☺☺ X Step Aerobics <i>Gil</i> ☺	
11:30	Pilates <i>Daniela</i> ☺						From age 4 till 16 Turn to the front desk for any info you need 03-5237026 or office@studiob.co.il
12:00	Jazz 12:30★ <i>Nataly</i> ☺					Jazz★ <i>Ruthie</i> ☺☺ Pilates <i>Hila Davidov</i> ☺ Conditioning <i>Gil</i> ☺☺ Hip hop- intro <i>Liza hen</i>	
13:00	STUDIO RENTAL PER HOUR - GET MORE INFO  AT: 03-5237026 FOR REHEARSALS FOR AUDITIONS FOR FILMING					Dancehall <i>Elya Baressi</i> ☺ Jazz★ <i>Roy</i> ☺ Step aerobics <i>Gil</i> ☺	
☺ - beginners ☺ - intermediate ☺ - advanced ★ - 90 min class ⌚ - long warm up							

Pilates Machines Schedule Up to 5 students in a class. Registration in advance.		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
	08:30	Daniela	Mica	Daniela	Yamit	Daniela	09:00	yamit
	09:30	Daniela	Mica	Daniela	Yamit	Daniela	10:00	yamit
	10:30	Daniela	Mica	Daniela	Yamit	Daniela	11:00	yamit
	11:30		Tami				12:00	shany
	12:30						13:00	shany
	16:30						14:00	shany
	17:30		shany		Mica		15:00	shany
	18:30	Dany	shany	Tami	Mica	Inbal		
	19:30	Dany	shany	Tami	Inbal	Inbal		
20:30		shany	Tami					



Evening Schedule March 2018



	Sunday	Monday	Tuesday	Wednesday	Thursday	Saturday
17:30	Conditioning Vardit ☺	Kids Hip hop	Conditioning Vardit ☺☺			Pilates Tami ☺
	Stretching Shirly Barbie ☺	Teenager fitness Age 12-15 Lee Aroch		Ballet 17:00 ★ Tal Aran ☺	Stretching Shirly Barbie ☺	Ballet 17:00 ★ Ludwig ☺
		Ballet 17:00 ★ Sonia beeri ☺	Vinyasa Yoga Orit		Kids Hip hop	
		Conditioning Udi ☺☺		Conditioning Iris ☺	Step aerobics Udi ☺	Conditioning Udi ☺
		TRX 17:30 Ruthie ☺		Teenager fitness Age 12-15 Lee Aroch		
18:30	Butts+gutts Vardit ☺☺	Dance aerobics Gil ☺	Butts & guts Vardit ☺☺	Step aerobics Gil ☺		Stretching Neta Oren ☺
	Vinyasa yoga Orit	Conditioning Vardit ☺☺	Dancehall Elya Baressi ☺	Ballet -intro Gal	Ballet Shirly Barbie ☺	Zumba Daniel ☺
	Ballet Shirly Barbie ☺	Kids Hip hop	Step aerobics Sahar ☺	Pilates Inbal ☺☺	Kids Hip hop	
	Jazz - Intro Ruthie Forberg ☺	Step aerobics Udi ☺	Contemporary 18:00 Roy ☺☺	Conditioning Naomi ☺☺	Step aerobics Udi ☺	Step aerobics Udi ☺
		TRX +Kick Lee Aroch ☺		TRX Lee ☺☺	TRX & Hiit Lee ☺	
19:30	Hip Hop - Intro Tal Hendelsman ☺	Kickboxing + Abs. Lee ☺☺	Zumba Daniel	Jazz Ruthie Forberg ☺	Jazz- intro Maayan Travish	Jazz Neta Oren ★
	Ballet ★ Vered ☺	Ballet ★ Maayan ☺	Hip Hop-Intro Sapir Amitay	Kickboxing Lee Aroch ☺☺	Zumba Noah Dahari	X
	Zumba Shiran	Step aerobics Iris ☺	Stretching Vardit ☺	Stretching Neta Oren ☺	Conditioning Lee Aroch ☺	Hip Hop Liron Efrati ★
	Conditioning Naomi ☺☺	Modern Jazz Ruthie Forberg ☺	Modern jazz - Intro Roy	Conditioning Naomi ☺☺	Hip Hop-Intro Sapir Amitay	Step aerobics Udi ☺
	TRX Lee Aroch ☺	Conditioning Gil ☺☺	TRX Limor ☺	Hip Hop-basic Liza Chen		
20:30	Kickboxing Lee ☺☺	Hip Hop ★ Shiran ☺☺	Hip Hop ★ Liron Efrati ☺		Lyrical Jazz ★ Maayan Travish ☺	
	X	X		Lyrical jazz -Intro Neta Oren	Acrobatics Mia ☺	
	Twerking Nicole ☺	TRX Lee Aroch ☺	Pilates Neta Oren ☺	Twerking Nicole ☺	Hip Hop ★ Lizu ☺	
	Lyrical Jazz ★ Roy ☺☺	Zumba Noah hadari	Conditioning Lee Gefen ☺☺			
	Pilates Inbal ☺					
21:30	Step aerobics 21:00 Gil ☺		X	X	X	
		Jazz 21:00 ★ Maayan Travish ☺				

☺ - beginners ☺☺ - intermediate ☺☺☺ - advanced ★ - 90 min class ⌘ - long warm up

Single Class	Hours	4	6	8	12	16	24	36	50	75	100	150
60 min - 65₪	Price (NIS)	225₪	315₪	370₪	510₪	610₪	895₪	1280₪	1720₪	2410₪	2940₪	4050₪
90 min - 90₪	Validity	1 month	1 month	1 month	1 month	2 months	3 months	3 months	6 months	6 months	1 year	1 year

Open-Pass Memberships

Price	590 shekel	1680 shekel	3060 shekel	5200 shekel
Validity	1 Month	3 Months	6 Months	1 Year